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CALGARY MOUNTAIN CLUB ANALYSIS

By

GARY KOROLUK

B.P.E., UNIVERSITY OF CALGARY, 1971

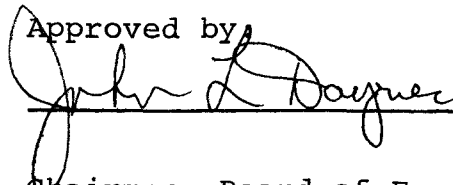
Presented in partial fulfillment of the
requirements for the degree of

Master of Science

UNIVERSITY OF MONTANA

1980

Approved by



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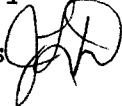


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ABSTRACT

Koroluk, Gary, M.S., September 1980 Health, Physical
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Calgary Mountain Club Analysis

Director: John L. Dayries 

This paper reports the results of a study which sought to determine why people climb mountains. Subjects were 59 members of the Calgary Mountain Club of Canada. The results indicate that an everchanging mosaic of primary and secondary motives for climbing exist. Age, ability and gender would appear to be three of the stronger determining variables of this mosaic. As well, reasons for climbing appear to fall in one of these categories: 1) social experience, 2) health and fitness, 3) excitement, 4) self-expression, 5) relaxation, 6) competitive achievement, 7) non competitive achievement, and 8) the love of nature.

ACKNOWLEDGMENTS

I would like to express my sincere appreciation to my advisor, Dr. John Dayries, and to Drs. Gary Nygaard and Brian Sharkey who reinforced my faith in Physical Education. Also, I am indebted to Dr. R. D. Bratton for his assistance and help in all my endeavors. Finally, special thanks to my parents who have been a continual inspiration to me as long as I can remember.

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CHAPTER I

INTRODUCTION

Leisure time has become a commodity that society readily adjusts itself to. For most people, this means increased periods of rest and relaxation, while for others it signifies a time to pursue more active endeavors. While active pursuits are not new to society, it appears that risk taking activities have become more prolific as far as recreational exertions are concerned.

Perhaps the new trend towards risk recreation is a product of our very existence, providing the much needed but often maligned escapism we all require in some form or another. At one time or another, if only during a brief daydream, most individuals entertain thoughts of experiencing something in a most extraordinary way.

Thrill sports such as sky diving, soaring, scuba diving, hang gliding and mountaineering are being used by some individuals to realize this "daydream." Although research into the area of high adventure pursuits has invariably included all or most activities aforementioned, mountaineering will be the prime focus of this study.

Mountain climbing has always been a sport enjoyed by a relative minority but lately the swelled ranks of climbers reflects an increased interest in this area. One needs only to look within the local sporting goods stores to perceive

the increased impetus towards mountaineering as reflected by the expense and availability of modern equipment to facilitate climbing.

"New industries have emerged to serve the 'daring clientele' including the design, manufacturing and marketing of new equipment while also publishing numerous guide books and magazines." (12:14)

One would assume that leisure low risk activities of a relaxing nature would occupy one's after work and weekend time. However, this has not proven to be totally accurate as a substantial number of people are utilizing this time block to pursue a spectrum of stress seeking activities, one of which is mountain climbing. Mountain climbing has become one popular method of satisfying the leisure time crisis as mountaineers have made the transition from "conventional climbers who thrust themselves up the slopes in the name of personal achievement and national honor (63:85) to climbers who ascend dangerous heights because they enjoy it.

Mountain climbers have been shrouded with a curious mystique as observers of this sport continually question the reasons for pursuing this stress seeking behavior. The existent rationale for climbing has caused considerable speculation within the social-psychological sphere of sport because why people climb or take part in stress seeking activities "is an extremely complex phenomenon and must be examined through its many diverse facts in order to uncover any sense of meaning (42:1)."

Reich (1977) begins an essay on Sport Literature with an interesting excerpt from Hemingway's The Snows of Kiliminjaro:

Kiliminjaro is a snow covered mountain 19,710 feet high and is said to be the highest mountain in Africa. Its western summit is called...The House of God. Close to the western summit is a dried and frozen carcass of a leopard. No one has explained what the leopard was seeking at that altitude." (43:1)

An interesting analogy is presented here. Reich suggests that perhaps the leopard didn't consciously know what he was seeking and, as he suggests later in his essay, maybe sportsmen (including those who climb mountains) don't know either (43:1). Secondly, the House of God connotation of mountains, their religious symbolism and awe inspiring mysticism is a facet of climbing virtually all climbers have recognized in some form. Ullman (1964) emphasizes this when he states that mountaineers "have found the divine harmony and simplicity of the natural world and themselves alive in it and a part of it." (53:22)

Whatever the reasoning behind mountain climbing, one thing appears certain. There is a paucity of information on the rationale as to why individuals climb. Also, as a sociological entity, relatively few mountaineering groups have been studied with respect to demographic variables. Albeit motivational research has been accomplished with many athletes, it tends to be specific to the sport and mountain

climbing is a sport that has been ignored by most researchers with the exception of those interested in stress and its complications within sport and in essence, society itself.

The provincial and federal governments of Canada recognize the need for outdoor expressions in nature and have set aside wilderness areas explicitly for climbing while funding "climbing walls" at colleges and universities. The Parks and Recreation Departments of various agencies have acknowledged the irresistible, magnetic attraction the mountains have for man and knowledge of individual rationale and social background of climbers would be invaluable to those who study sport and its complexity. After all, the urge to climb is inherent to Man's innermost nature and perhaps can be best exemplified by Thomas Mann's character creation, Hans Castorp, in The Magic Mountain:

"Was a lively craving to come into close and freer touch with the mountains, the mountains in their snowy desolation: towards them he was irresistibly drawn." (30:473)

STATEMENT OF PROBLEM

The problem of this investigation was that of assessing motivational traits of mountain climbers. More specifically, the study attempted to assess motivational factors of the members of the Calgary Mountain Club. These members were contacted in order to learn more about the background of people involved in climbing and, more important, to find out

more about why people climb.

SIGNIFICANCE OF STUDY

Houston (1968), in his study of mountain climbers, has suggested that a comprehension of the difference between risk and danger is needed to understand the phenomenon of stress seeking in sport. Harris (1973) has suggested that people climb for more in-depth reasons than simply because it is there. "Because it is there" is an unsatisfactory answer to social psychologists because this simple phrase presumably has more implications than it appears to imply.

While a considerable amount of literature exists in the area of motivation, most of it is not concerned with particular physical skills and their corresponding motivations. This study will contribute to both a general understanding of motivation to climb and to the specific psychological requirements of climbing. Reich (1971) has suggested that stress seeking has always constituted the unknown factor of human personality and possibly this study will shed more light on this subject with respect to mountaineers.

Motivation is seen as certainly worthy of study to give greater insight into Man's intriguing nature. From a practical standpoint, those people administering outdoor pursuits and specifically mountaineering programs can coordinate these programs with the participants in mind and provide proper leadership if they know why the individuals

participate.

It should be understood that mountaineers are not just "hard rock" climbers as different aspects of mountaineering could have completely diverse motivational expectancies. The traditional role of sport social psychologists has been to examine the extrinsic and intrinsic motives and background of participants in sport. Alderman (1974) further implies that:

"Understanding and gaining insight into the manner in which the concept of motivation functions in athletic endeavors is probably of more interest (and value) to the student of sport and physical activity than any other single element." (3:202)

LIMITATIONS

This study is limited by the inherent difficulties associated with a study of motivation. Motivation is a level of personality which is difficult to measure objectively. A questionnaire was designed to collect and investigate motivation to climb and certain demographic variables of the Calgary Mountain Club. This study is also limited by possible weaknesses in the design of the questionnaire and the normal limitation associated with the questionnaire method of collecting data.

The study concerns itself solely with members of the Calgary Mountain Club but, as members of the club constituted a mosaic of ethnic backgrounds, it was felt that the club was

a representative sample of the mountain climbing fraternity.

DEFINITION OF TERMS

- | | | |
|-------------------------|---|--|
| Mountaineers | - | Those people associated with or belonging to a mountain club. |
| Motivation | - | The rationale affecting a person's decision to climb. |
| Hard Rock Climbing | - | Technical, time consuming climbs requiring considerable experience and expertise to accomplish. |
| General Alpine Climbing | - | Varied types of climbs usually encompassing all aspects of mountaineering. |
| Steep Ice Climbing | - | The same expertise required as in hard rock climbing as this climbing skill is usually required for expeditions. |
| Hill Walker | - | General hiking in mountainous terrain. |
| Expedition Climb | - | A planned excursion to climb a renown and difficult mountain range or particular peak. |

CHAPTER II

REVIEW OF LITERATURE

Traditional physical activities have recently been rejected in favor of sports which contain an element of risk taking behavior. Many empirical studies have been conducted with athletes pursuing "normal" everyday sporting activities, but relatively few empirical studies have been conducted with respect to those who engage in risk taking behavior.

Stress seeking has been described as a complex behavioral pattern which is not fully explainable. Literature in the area makes strong suggestions as to why people partake in what must be described as unusual forms of exercise, but most of this information is indistinct and perceived rather than understood. In order to facilitate comprehension of why people indulge in risk sports (especially mountaineering) this review will be divided into seven situations. It was felt that a multi-faceted approach to the related literature of climbing and its motivational variables would enhance a general understanding of the pertinent information.

RISK

Freud has written, "life loses in interest, when the highest stake of the game of living, life itself, may not be risked" (39:3). Harris (1970) implies that man has thrived on facets of stress seeking and, in fact, attempts

to seek them out when not a part of his natural environment. Stress seeking has been a perpetual phenomenon associated with man's psychic behavior and in most cases, he has found the experience stimulating rather than frightening.

The quest for stress in man's behavioral pattern has been described as a means to an end. Reich (1971) maintains that the price of psychological and physical stress has to be paid in order for the event to have any value (42:6). Furthermore, Harris states that the ultimate goal of the stress seeker is pleasure, during the accomplishment or after the feat (19:99). It would appear that the sense of satisfaction upon the completion of some difficult task is of secondary importance in the act of risk taking behavior. The sensationalism that accompanies certain death defying acts appears to have its rewards both spiritually and mentally.

The concept of stress and its ability to satisfy inner needs of man has, in recent years, been regarded with increased interest in order to comprehend man's essential character makeup. Andreski (63:86) has described stress seeking as an alternative of monotony and those who risk death are held in esteem by their compatriots. Yates (63:87) infers that stress seeking is a testing act which is self-perpetuating in that man continually has to assure himself about his courage and prowess.

Selye (1956) and Rosenthal (1967) have studied stress in great detail and have observed a sense of euphoria which

appears to accompany risk taking behavior. Selye identified stress as being non-specific in biological origin. Rosenthal purports to have found that there is a chemical element involved in unusual exhilaration. He concluded that there is distinct evidence of this phenomenon and that it is a specific result of stress seeking actions. More research is needed to examine the distinct mechanism by which this "chemical" process is instigated.

TESTING LIMITS AND OPTIMAL AROUSAL

McClelland (1953) describes achievement need as an emergence between the gap of a person's aspiration level and his perception of his present condition. If his present condition, such as his line of work, is preoccupied with monotony, the resulting boredom leaves an achievement need to be satisfied. This difference between a person's present condition and his aspiration level may inspire the necessity for an individual to take optimum risks in order to close this aforementioned gap.

Hebb (1968) recognized boredom as a "state in which the subject seeks a higher level of excitement and the avoidance of boredom is a most important factor in human development." (21:212) He further implies that man seeks situations that induce apprehensive emotions in the guise of adventurous thrills. One of the primary sources of motivation for climbing (as an optimal arousal sport) could very well be an

alleviation of this boredom which seems prevalent in modern society.

Fiske, Maddi (1961) and Ellis (1972) imply that for the maintenance of optimal arousal, an opportunity to produce interactions with the environment (which carries arousal potential) is required. According to Leuba (1955), this optimum level of stimulation is dependent upon the individuals interpretation of the stimulus with respect to the unknown element involved. If the person finds the experience a pleasurable one, then the experience can be a rewarding one. Berlyne (1966) maintains that in order to satisfy the innate quest for optimal excitement, risk taking endeavors might be sought when the optimum level deviates from a homeostatic condition. If the upper and lower limits of optimal arousal are breached, then risk can be used as a panacea to maintain the level of stimulation desired.

Schultz used the term sensoristasis to describe the state of arousal which impels one to strive to maintain a level of sensory variation. Ellis indicates that this sensory level is directly proportionate to the strength of the drive because if the drive is strong, the tendency to emit a response is strong. In the same context that low threshold shock is conducive to a strong heart, man avoids intense fear but seeks mild fear.

If one were to look at sport in the manner of Hebb and Thompson (1968), it can be perceived that dangerous sports

could readily be prerequisites to the maintenance of optimum arousal. If optimum arousal is an inherent need in man's personality makeup, then people engage in stress seeking behavior to satisfy the motivational mechanism in arousal seeking behavior.

RISK TAKING AND SPORT

In order to describe what groups of people were most susceptible to euphoric elation, Rosenthal surmised that this facet was descriptive mainly of those engaged in high risk activities. Further studies by Rosenthal noted a differential response to the completion of particular sporting games with feelings of satisfaction, fatigue, and a need for relaxation as opposed to the sensations felt after stress seeking (euphoria and a desire to repeat the experience).

Rosenthal (1967) depicts the fundamental need for the sense of euphoria resulting from risk taking behavior as a primary ingredient in man's cultural heritage. Harris (1973) has implied that man has virtually thrived on certain elements of stress and has been known to seek them out when they are not a part of his natural environment. Furthermore, Rosenthal feels that the increased number of stress seekers in recent years is in direct proportion to internal conflicts within society itself. Essentially, risk exercise is being presently described as necessary for daily sustenance providing it is on a culturally accepted basis. According to

Torrance (1965), stress seeking is dependent on many variables, both individually and culturally. Why man seeks stress in sport can only be answered on an individual basis.

As mentioned, evaluation of risk in stress seeking sports is invariably determined on a subjective level. What one would assume to be high risk in nature usually does not appear that way to the performer. This sporting essence is suggested by Harris (1973) in that when the risks become known and well calculated, they become sport (19:99). Stress seekers have been found to follow carefully planned behavior while dangers and risks are preconceived.

Mountaineering is essentially a high risk activity because in the event of error during the climb, the probability of death is extremely high. However, most climbers themselves feel the actual risk of death is very small contrary to the opinion of most researchers. Studies of deaths in mountaineering have been tempered with statistics that do not actually reflect the death ratio while climbing. If an individual freezes to death on the mountain due to inappropriate apparel, it is called a climbing fatality when perhaps there was no climbing involved.

As suggested by Dickison (1977), the objective risk or actual probability of success may be low (if the probability of success is high, the objective risk is low) but people may perceive the risk of activity as high for subjective reasons (11:18). The subjective risk in skiing, for example, would

be lower due to fewer fatalities.

Dickison also emphasized the risk aspect in related activities by stating that the media fosters a subjective risk pattern. Television continually stresses the brutal 'agony of defeat' as an integral part of sport (the ski jumper sliding out of control down the ramp) while climbing articles in various journals are titled to emphasize the abnormality of those voluntarily seeking stress (Mountaineering: The Fatal Madness - Newsweek, 1962; Mountaineers, Dilettants of Suicide - Cort, 1963).

REASONS FOR CLIMBING

Although there have been numerous studies dealing with stress seeking behavior, relatively few empirical studies of mountain climbers exist. Most studies utilize a historical-philosophical model to ascertain why people climb. The traditional reasons for climbing have been acknowledged but recently those who study sport and its implications have been concerned with intrinsic motivation in the risk revolution (Dunn and Gulbis, 1976). Hunt (25:269) depicts modern life as being full of frustrations due to lack of tangible outlets for adventure. Climbing is a form of escapism which most students of the sport acknowledge to the extent that one is continually alone on a mountain. Houston (1968) maintains that climbing is an escape from society because in these congested times, there is space in the mountains (24:294).

Reasons for climbing have always been unique to the individual concerned, but literature on the subject continually lists certain reasons as being consistent with each other. Climbing for internal joy, peace of mind and release of tension carry specific recreational significance. The competitive element with its challenges of skill, excitement and danger is invariably mentioned. The beauty of wilderness and pulchritude of nature seem to hold most climbers spellbound during certain time elements of their respective ascents. The pleasure of fitness and the realization of the maximum capacity of one's physical and mental processes is consistently used as rationale for climbing.

Most climbers agree that the final conquest of a particular peak is not the motivation for climbing but as Molenaar (1971) indicates, "the pleasure does not reside on the summit, rather it is found in the planning and execution of the plan (37:227). Most of the literature of mountaineering reflects this attitude and Emerson (1963) even feels that the end point of climbing is anticlimatic.

The closeness or kinship one feels with the mountain is expressed to some extent also. Cort (1963) attributes this feeling to visceral affection for the "wall" while female and male climbers have attributed sexual connotations to the actual climbing of the wall itself. Females have alluded to the masculinity of the mountain while males correspondingly attributed feminine traits to mountains.

MOUNTAINEERS

Members of the mountaineering fraternity seem to share a strong kinship with respect to their mutual climbing pursuits. Most climbing clubs contain members of mixed ethnic origin and ethnic prejudice that is evident in normal walks of life disappears within the confines of the club and its activities. Gippenreiter (1968) mentions a strong common interest promotes solid ties among members of mountain clubs, making it abundantly easier to overcome difficulties, hardships, and dangers associated with the periods of climbing.

Jackson (1968) establishes the whole concept of mountaineering as a way of life rather than an occasional experience. Most dedicated climbers hold down positions of employment which facilitate their appetite for climbing. Many are employed in work which allows considerable time off for mountaineering sojourns while some have given up employment altogether to satisfy an insatiable need to climb where they choose to. In I Chose to Climb (1968), Bonington's relentless spirit is only satisfied when he gives up the mundane drudgery of modern day employment to fulfill his ambition to climb when he saw fit.

Indeed, one of the prime prerequisites of a climber is to have enough time to journey to various parts of the earth to scale different mountains. The financial outlay for

climbing is initially expensive, but is not such an impediment as one would assume. Many climbers are of a nomadic breed and must live within the boundaries of frugality in order to expedite their desires for mountaineering. However, climbers seem to relate to each other regardless of nationality and room and board always appears to be readily accessible. Most clubs are international in scope, enabling members to travel internationally with limited funds. Gippenreiter (1968) mentions that climbers of the world make one team united by a strong rope of international friendship (25:281).

Mountain climbers also share a love for excitement and adventure, an appetite for action and most are self-assertive in their chosen way of life (Sports Illustrated, June 8, 1977). These qualities would certainly be necessary for the very existence of climbers when they apply themselves to the task of climbing itself. Molenaar (1971) found that adventure fostered deeper friendships and prompted greater aesthetic rewards for members of the rock climbing fraternity.

Clubs are composed of small parties, close friends and like-minded companions. Contrary to popular belief, few actively seek publicity and virtually never record discoveries except privately. The concept of the glorified thrill seeker is taken to task here as mountaineers seem to prefer the peacefulness and solitude of the mountains as opposed to the public eye.

Women club members are regarded as climbers without regard to sex. In fact, Ogilvie (1974) stresses that female climbers have almost identical personality structures as their male counterparts. Although, as Jackson (1968) implies, "the psychological barrier to women's full participation in climbing is formidable, she admits that this is more attributable to personal psychological barriers as well as intrinsic or functionable variables (women are less aggressive). Male chauvinism in climbing has steadily decreased to the point that it now is practically nonexistent. Certainly, the physical capacities of women climbers cannot be questioned after the female Russian and Japanese conquests of Everest itself.

Lester (1969) in his study of the 1969 American expedition to Everest, noted that the educational level of the group was very high. For example, out of the sixteen climbers, four were Ph.D.'s, three were M.D.'s, three had their Masters, and all but one had attained the Baccalaureate status. Although there have been relatively few studies on the educational status of mountaineers, there is a definite implication that most climbers have achieved a fairly high level of education.

Climbers are a unique assemblage of people sharing strong bonds which transgress possible personality or racial differences. The mountainside is no place for internal bickering and prejudicial differences of opinion.

UNIQUENESS OF THE CLIMBER

Climbers have generally been depicted as lacking in certain mental faculties and described as crazy or mad because they are different in their recreational aspirations. Noyce (1962) puts this bluntly when he states that "there is a streak of madness in these men and women whose eyes are fixed on the stars." (39:32) The social acceptance of mountaineers is influenced by the fact that they are unique in their focal pursuit of mountain climbing. They are still a relative minority when describing most recreational behavior because most people see risk taking endeavors in a negative light and not conducive to a healthy way of life.

In a May, 1967 issue of Time magazine, the uncommon man is classified as a thrill seeker. Williams describes climbing as never being commonplace save to the commonplace (61:298). Climbers have been described as abnormal in the sense that risk taking behavior is deviant from the norm. Ogilvie (40:88) describes mountain climbers as people with a unique need for physical excitement found at the outer limit of physical and emotional endurance.

Why one would seek stress or avoid it is a complex question. Why individuals participate in climbing or refuse to is equally as complex. Harris (1973) indicates that if one were to put stress seeking/stress avoiding on a continuum, the 'normal' individual would range freely along this scale

and only those at extreme ends, whose behavior was socially unacceptable, would be considered abnormal.

Climbers are anything but abnormal. The term 'uncommon man' is most appropriate here as they are mere mortals like the rest of the populace, but have a different way of satisfying their inner self. (Specifically, the perception of stress by one person may not be perceived as stress at all by the next.) Stress avoidance is probably a consistent phenomenon with men and women in all walks of life. Eustress, as described by Harris (1973), is a pleasurable form of stress that is the antithesis of routine. Climbers do not seek stress but have a different method of satisfying the desire for eustress that is prevalent in everyone.

RELIGIOUSITY AND CLIMBING

•
Climbing mountains is an experience that has been depicted as one akin to holiness. The unnatural aspects of mountaineering have been affiliated with "madness" at times, but as Noyce (1962) aptly states; "a divine madness." The spiritual sensationalism of climbing has been identified by most climbers striving to reach out and be a part of the 'House of God' (43:1). Spiritual satisfaction has been a goal man has consistently strived for in many different fashions. To many mountaineers, climbing is a subjective pilgrimage to fulfill this spiritual desire.

Arnold (1968) has suggested that mountain climbing is possibly the sole sport in which its followers have attempted to use it as a possible substitute for religious aspirations. These religious connotations have become a kind of Alpine theology which has influenced many climbers expressively and covertly. Smyth (1968) sees mountaineers as individuals who are, "impelled towards the hills, seeking something finer than the man made dogmas now crushing and distorting the universe." (25:284)

The alliance with religious sacraments can possibly be explained by the fact that most people consider the climber's missions as perfectly unexplainable quests, in the same vein that religious devotions are at best, unexplainable also. The fact that men scale the mountains does not necessarily mean the mountains have been subdued. As Houston (1968) indicates, mountains are never really conquered and "as swaggering, boastful men stand briefly on those summits, let them not lose their perspective, nor forget by whose tolerance they are there." (25:294)

Mountain climbing is essential to many climbers in that it appears to satisfy a kind of passionate wish to be one with the mountain. Religious undertones are perceived here in that many contemporary religions stress this oneness aspect (one with the universe, one with God). Even the descriptive terms used in association with mountains are clothed in religious insinuations. The majestic mountain,

the House of God, mission mountain are all used in depicting the holiness of the hills.

The spiritual aspect of climbing cannot be ignored when attempting to establish rationale as to why people climb. As it was with the ancient Greeks (who believed that all their deities resided in the mountains), modern climbers have established a spiritual association with their 'ascendence.' Whether this be an overt belief or subterranean in nature, a definite religious or quasi-religious undercurrent seems to pervade man's essential reasoning for climbing. As Cort indicates, "It is to get to the place which by your nature, you are not supposed to be." (10:423)

CHAPTER III

DESIGN AND PROCEDURES

The method of this study involved the selection of an appropriate mountaineering club to study, and the design and procedures for gathering the required information. The Calgary Mountain Club is generally recognized as containing some of the most serious participants of mountain climbing in Western Canada. Bearing this in mind, it was decided that this club would be truly representative of mountaineering endeavors.

SUBJECTS

The sample for this study consisted of members of the Calgary Mountain Club (N=68). Fifty-nine members responded positively to the request for information. Four members responded in a negative fashion due to the fact that they disagreed with studies of this nature. Five members would have nothing to do with the study whatsoever and would not give any reason for their negative attitude.

The club was composed of ten females and fifty-eight males. Nine out of the sixty-three members who offered responses were females. Although studies by Atkinson (1958); Sutton-Smith, Roberts and Kozelka (1963); Kogan and Wallach (1964) indicated a difference between male-female involvement in play and risk taking, female members of the club were

included in the study. It was felt that the study should not be concerned with differences in climbing with respect to male-female discrepancies of opinion. Rather, the study should be incorporated as an analysis of a mountain club without regard to sex difference.

Each subject was contacted prior to obtaining information to see if he/she would be receptive to the project. In most cases, they initially rejected the total concept of the study and only by not being demanding did the author obtain any information at all. Socializing and listening rather than analyzing and interrogating seemed to win their confidence regarding the possible merits of the study.

DESIGN OF QUESTIONNAIRE

The questionnaire was developed with the able assistance of Drs. R. D. Bratton and G. Kinnear of the University of Calgary Physical Education Department. Dr. Bratton is a nationally recognized sport sociologist in Canada while Dr. Kinnear is a physiologist who spends most of his free time climbing and is the leader of the Canadian Everest Expedition.

A number of personal and telephone interviews were conducted with randomly selected members of the Calgary Mountain Club and Calgary Alpine Club asking them to suggest reasons why they climb and why others climb. A list of reasons was then prepared and a questionnaire developed and

tested for verbal clarity.

PROCEDURE

The Calgary Mountain Club is not entirely accessible to outsiders for information they desire. After consultation with members of the executive board, it was decided that in order to acquire the proper data, it was necessary to join the club, go to their meetings and take part in their social functions prior to requesting information.

This being the case, a membership was obtained and a few months of club activities were pursued before any formal information was sought. The club met every Wednesday, showed slide presentations of recent mountaineering exploits and socialized over a few drinks. In addition, their annual awards and dinner night was attended. The members of the club were much more receptive once they found out how the study was being conducted (as much personal interest as possible). However, the initial feedback was quite discouraging and it was about three months before the negative response on the part of the climbers was overcome.

In time most of the members did comply with the requests for information. The study was completed in a time span of about seven months, from September 1976 to April 1977.

The questionnaires were delivered in person to every member of the club who could be contacted. A few members refused to complete the questionnaire and others were out of

town or had quit climbing. The final analysis included a total of sixty-eight cases. The data were tabulated and analyzed using computer techniques.

Statistical analysis was accomplished but as the purpose of this paper was more descriptive and narrative as opposed to statistical, a percentage analysis was utilized to determine the amount of positive or negative response to specific questions. For example, occupation of climber was divided into seven categories with a certain percentage of the respondents identifying which work "class" they felt they belonged to. The mean score for reasons for climbing was also tabulated to help establish the rank order of answers.

Data included personal demographic information, present climbing habits, previous climbing experience, present and previous participation in sport activities, and reasons for climbing. Most questions required the respondent to check a specific response and a few allowed for written answers. Figure 1 illustrates the wording and directions used on the section dealing with reasons for climbing. The reasons for climbing are listed in Tables V and VI.

CHAPTER IV

RESULTS AND DISCUSSION

RESULTSDemographic Data

Eighty-five percent of the respondents were male. Forty-two percent were married and twenty-seven percent had children. Twenty-seven percent considered their work to be mostly manual, forty-one percent mostly sedentary, and thirty-one percent mostly dealing with people.

Most of the members were over 25 years of age (see Table I). The majority were Protestants with a fairly high (29%) number stating that they were either agnostics or atheists. When compared with the general population in Canada, the level of education was quite high. Average level of income was comparable to most Canadians and no definite trend in occupation was noted.

Present Climbing Habits

The data on present climbing habits is presented in Table II. Only twenty-two percent considered themselves as expedition climbers, while most fell into the general alpine (83%) or hardrock (64%) categories. One-fifth of the members climbed at least twice a month, however the majority climbed more than ten times per year. Many of the members

Table I. Demographic Data of Respondent Climbers.

| <u>Age</u> | | <u>Occupation</u> | |
|--------------|-----|-------------------------|-----|
| 19 and under | 2% | Student | 25% |
| 20 to 24 | 22% | Housewife | 5% |
| 25 to 29 | 27% | Blue collar | 27% |
| 30 to 39 | 39% | Teacher, professor | 10% |
| 40 to 49 | 7% | Doctor, lawyer, dentist | 2% |
| 50 and over | 3% | Engineer | 10% |
| | | Other white collar | 20% |

| <u>Religion</u> | | <u>Education</u> | |
|-------------------|-----|----------------------|-----|
| Protestant | 44% | Finished some high | |
| Catholic | 15% | school | 7% |
| Mormon | 0 | Finished high school | 9% |
| Agnostic, atheist | 29% | Some college or | |
| Other | 9% | university | 15% |
| | | Finished trade or | |
| | | technical school | 19% |
| | | Finished university | 37% |
| | | Graduate study | 14% |

| <u>Annual Income</u> | |
|----------------------|-----|
| Below \$10,000 | 42% |
| \$10,000 to \$15,000 | 15% |
| \$15,000 to \$20,000 | 17% |
| \$20,000 to \$30,000 | 19% |
| Above \$30,000 | 7% |

had participated in expedition climbs as fifty-eight percent rated themselves as advanced or expert climbers. In contrast with a similar study on the Calgary Alpine Club (1977) only two percent rated themselves as expert climbers. This would presumably indicate the more serious climbers were attracted to the Calgary Mountain Club.

Calgary Mountain Club members were apparently not

Table II. Present Climbing Habits of Respondent Climbers.

| <u>What kind of climber are you?</u> | | | <u>How often do you climb?</u> | |
|---|--------|----------|--|-----|
| General Alpine | 83% | | Less than 5 times | |
| Hard rock | 64% | | a year | 15% |
| Steep ice | 37% | | 5 to 9 times a year | 19% |
| Hill walker | 48% | | 10 to 15 times a year | 22% |
| Expedition | 22% | | Twice a month | 19% |
| | | | Almost every week | 25% |
| <u>How would you rate yourself as a climber?</u> | | | <u>How many of your friends climb?</u> | |
| Novice | 10% | | None | 2% |
| Intermediate | 32% | | A few | 19% |
| Advanced | 34% | | Several | 24% |
| Expert | 24% | | Most | 56% |
| <u>How often do your spouse and/or children climb with you?</u> | | | <u>With whom do you climb?</u> | |
| | Spouse | Children | Solo | 2% |
| | | | Always the same | |
| | | | people | 9% |
| n/a | 51% | 75% | Mostly the same | |
| Never | 14% | 10% | people | 61% |
| Sometimes | 31% | 15% | Different people | 17% |
| Most of the time | 5% | | | |

involved in very many other social groups since fifty-six percent indicated that most of their friends climbed. Only nineteen percent indicated that only a few of their friends climbed. Close to one-third of the members went climbing at least sometimes as a family. The majority (61%) climbed mostly with the same people, indicating that certain preferences for climbing companions do develop. The most

common sizes ranged from two to three.

The amount of money invested in climbing equipment ranged from below \$100.00 (3%) to above \$1,000.00 (3%). Forty-four percent spent between \$100.00 to \$200.00, while \$200.00 to \$500.00 (25%) and \$500.00 to \$1,000.00 (24%) were the other categories. Only twenty-seven percent estimated annual expenses on equipment and travel to be in excess of \$500.00. Travel expenses in the \$200.00 to \$1,000.00 range appeared to balance with money spent on equipment.

Previous Climbing Data

Twenty-two percent had climbed with an organized expedition. The majority had been climbing for more than ten years (see Table III). The most common ways in which climbers got started climbing were with a friend or alone. Forty-four percent had had formal classes in climbing, with the majority of those receiving instruction through various mountaineering clubs. The family seemed to have little influence on participation in climbing since only fifteen percent indicated that members of their family climbed while they were growing up even though fifty-three percent said they had grown up close to mountains. However, fifty-four percent noted that their family had participated in outdoor recreation.

Thirty-two percent had sustained what they considered to be a serious accident ranging from 'hit by snow fall'

Table III. Previous Climbing Data of Respondent Climbers.

How many years have you been climbing?

| | |
|------------------|-----|
| One to two | 7% |
| Three to five | 22% |
| Six to ten | 22% |
| Eleven to twenty | 41% |
| Over twenty | 9% |

How did you first get started climbing?

| | |
|------------------------------------|-----|
| By myself | 15% |
| In a club | 10% |
| In a class | 5% |
| At camp | 7% |
| With a friend(s) who were climbers | 39% |
| With a non-climbing friend(s) | 7% |
| With a member(s) of my family | 5% |
| Combinations of the above | 12% |

(14%), to 'hit by a rock fall' (5%), 'broken bone' (12%), to 'fall' (2%).

Participation in Fitness and Sport Activities

Fifty-three percent indicated that they participate in a fitness program with the majority participating more than once a week. Eighty percent take part in recreational sports with the large majority participating at least twice a month. Only fifteen percent take part in organized competitive sports. However, fifty-six percent had participated in organized sports. More had participated in competitive team sports than in competitive individual sports (this

may be a function of the opportunities available rather than one of free choice). A significant number (32%) had progressed beyond participation in provincial or higher competitive levels, possibly showing a high level of athletic ability in the club.

Forty-one percent of the members participate or had participated in the following high risk or euphoric activities: scuba (14%), auto racing (10%), sky diving (7%), hang gliding (7%), soaring (3%), and rodeo (3%).

Relative Importance of Reasons for Climbing

Figure 1 illustrates the wording and format for the twenty-two reasons for climbing. A score of 5 indicates that the reason was very important and a score of 0 indicates that the reason was irrelevant to the respondent. Thus, the higher the mean score, the greater the importance of that reason to the group as a whole. Additionally, the percentage score under the column "most important" in Table V provides a further indication of the number of climbers who selected a particular reason as being one of the two or three reasons that were most important to them.

Reason 'A', "climbing for exercise and physical fitness" was the most important reason with a mean score of 4.02 out of a possible 5.00. In addition, forty-two percent selected reason 'A' as one of the two or three most important reasons.

Table IV. Participation in Fitness and Sport Activities of Respondent Climbers.

| | |
|--|-----|
| <u>How often do you participate in a fitness program?</u> | |
| Never | 47% |
| Irregularly | 14% |
| One to two times per week | 5% |
| Three to four times per week | 20% |
| Daily | |
| <u>How often do you participate in recreational sports now?</u> | |
| Never | 20% |
| Less than once a month | 12% |
| Two to three times a month | 34% |
| One to two times a week | 25% |
| Three to five times a week | 7% |
| <u>How often do you participate in organized competitive sports now?</u> | |
| Never | 85% |
| Less than once a month | 85% |
| Two to three times a month | |
| One to two times a week | 12% |
| Three to five times a week | 3% |
| <u>Participation in individual sports</u> | |
| Non participation | 3% |
| Recreational now | |
| Competitive now | 25% |
| Competitive previously | 71% |
| <u>Participation in team sports</u> | |
| Non participation | 12% |
| Recreational now | 7% |
| Competitive now | 66% |
| Competitive previously | 15% |
| <u>Competitive level achieved in sports</u> | |
| Local level | 15% |
| City championships | 9% |
| Provincial championships | 12% |
| National championships | 17% |
| Professional or national team | 3% |

Figure 1. Wording and Format of the Section of Questionnaire Dealing with 'Reasons for Climbing.'

INSTRUCTIONS

The statements listed below each represent a possible reason for climbing. Please read each statement carefully and indicate if that reason applies to you personally.

Some reasons may be more important to you than others. Indicate the relative importance of each reason by circling the appropriate number on the scale in front of each statement. Use the following as a guide.

- 0 - does not apply to me
- 1 - slightly, a minor reason
- 2 -
- 3 - moderately important
- 4 -
- 5 - very important, a major reason

| <u>Circle number</u> | <u>Reasons for Climbing</u> |
|----------------------|--|
| 0 1 2 3 4 5 | A. For exercise and physical fitness. |
| . : . | |
| . : . | |
| 0 1 2 3 4 5 | V. To test myself and see how I cope with a difficult situation, both mentally and physically. |

Which two or three of the above reasons seem to be most important to you?

--- --- --- --- --- ---

There are, of course, a number of other reasons why people climb. Please state briefly any other reasons that you have for climbing that do not seem to be stated above.

Table V. Relative Importance of Reasons for Climbing, Major Importance.

| <u>Reason (Descending Order of Importance)</u> | <u>Mean</u> | <u>Most Important</u> |
|---|-------------|-----------------------|
| <u>Major Importance</u> | | |
| A. For exercise and physical fitness | 4.02 | 42% |
| B. To get away from the regular routine | 2.83 | 29% |
| C. To flirt with danger | 2.90 | 25% |
| D. For recreation and relaxation | 3.27 | 24% |
| E. To test myself and see how I cope with a difficult situation, both mentally and physically | 3.15 | 24% |
| F. Because of the spirit of adventure and excitement | 2.63 | 24% |

Reasons 'B' through 'F' were also important while reasons 'G' through 'M' were moderately important. Reasons 'B' through 'F' mostly dealt with escapism while there was no definite pattern with reasons 'G' through 'M.' The third group of reasons in Table VI, 'N' through 'T', were of minor importance while reasons 'U' and 'V' were relatively insignificant to most climbers.

Among the most important reasons are those dealing with an appreciation for the out of doors, reasons 'G', 'H' and 'J.' Mountain climbers are obviously nature lovers. Exercise is also important as is relaxation. The self-testing or achievement related reasons 'C', 'E', 'F', 'I', 'K', 'M' and 'N' were of major and moderate importance to climbers in general.

Table VI. Relative Importance of Reasons for Climbing,
Moderate and Minor Importance.

| <u>Reason (Descending Order of Importance)</u> | <u>Mean</u> | <u>Most Important</u> |
|---|-------------|-----------------------|
| <u>Moderate Importance</u> | | |
| G. Curiosity. To see and explore new places | 3.41 | 22% |
| H. To view the scenery | 3.20 | 20% |
| I. To gain recognition and admiration from others | 3.15 | 20% |
| J. To enjoy the wilderness, fresh air and nature | 3.14 | 20% |
| K. To do something that only a few others have done | 3.15 | 19% |
| L. To experience a feeling of exhilaration | 3.22 | 17% |
| M. It is a form of self-expression to me | 3.14 | 17% |
| <u>Minor Importance</u> | | |
| N. I enjoy conquering difficult rocks and peaks | 3.22 | 12% |
| O. To get away and be alone | 2.08 | 12% |
| P. Because I am fascinated by mountains | 3.10 | 10% |
| Q. For some competitive reason | 2.61 | 9% |
| R. For photographic reasons | 1.63 | 9% |
| S. For spiritual reasons | 1.63 | 9% |
| T. To get out with friends and enjoy the comraderie | 1.32 | 7% |
| <u>Non Important</u> | | |
| U. Because of a feeling of accomplishment and pride | 1.69 | 5% |
| V. Because climbing is a challenge | 1.17 | 3% |

To flirt with danger was a significant reason for climbing to the majority of the climbers, thus not truly supporting the view that most climbers play down the danger aspect of climbing. Because climbing is a challenge the least significant reason as only three percent deemed it most important.

Discussion

Although the instrument was pretested (basically by eliminating redundant and non-specific questions with a sample group from the Calgary Mountain Club and the Alpine Club of Calgary) with fellow researchers, Kinnear and Bratton, it was observed that the demographic data was more reliable than that attained with regard to motivation. Some of the members felt that the questionnaire was limited in its objectivity and possibly a more accurate insight into the nature of the Calgary Mountain Club could be realized from other forms of responses. Results obtained from the questionnaire are valuable in that they offer some form of concrete data, but it was felt that more pertinent results were obtained with supplementary writing on the questionnaire and verbal response.

As mentioned previously, the club was comprised of sixty-eight members of which fifty-nine responded. The negative responses (4) were interesting in that they were very opinionated regarding the worth of studies in this nature.

One individual returned his questionnaire with a short but concise answer written on the first page;

"Dear Sir, I climb to get away from people like you." which properly indicated his thoughts towards researchers in this area.

One member refused to fill out the questionnaire as he felt

"the design of the questionnaire couldn't truly represent what he wanted to express."

Many club members conveyed this feeling verbally, but most filled out the questionnaire anyway. Another member was more explicit;

"I object to this type of work being done because I hate to see climbing becoming semi-professional with the overemphasis on equipment and 'competence' and undue emphasis of immeasurable human values and adventure."

A few members made no attempt at disguising their disgust for this study but complied with requests for information just to alleviate the incessant questioning process. The previous quote shows a distinct anxiety for infringement into "personal space" and a concern for the proliferation of studies of this nature.

Certain individuals needed persistent badgering in order to even consider the questionnaire. Even so, the relevance of the study could not be justified to some;

"sorry, I really can't do this despite your personal appearances, it just doesn't seem relevant to me. Apologies, etc."

It is interesting to note that in a sister study conducted by Bratton and Kinnear (1977) no real resentment or criticism of the questionnaire was noted. The Alpine Club of Calgary is noted for its relaxed attitude towards climbing with the more serious and competitive climbers gravitating to the Calgary Mountain Club. At times members of the Mountain Club were not hesitant to show their disdain for the Alpine Club, further reinforcing the notion of their being "mavericks" of the climbing fraternity.

Other discussions and conversations with club members resulted in a variety of answers as to why people climb. The easiest answer to a simple question that in truth has such a complex answer was "because it's there." This proved to be a standard, historical response and only further questioning produced more significant answers. Slovic (1964) has mentioned that risk taking is multi-dimensional and the following answers would appear to substantiate this.

Pertaining to the complexity as to why people climb, many individuals mentioned that values changed during one's climbing career. Beliefs that were prevalent at a younger age certainly didn't represent themselves later.

"I have a slightly more mellow attitude towards climbing now. Earlier I would have considered

the self-testing more important but now I climb for self-expression and to observe the wilderness more."

Other climbers reinforced this notion as one indicated;

"I think your values change as you get older. The answers we've given are a cross section of our climbing life, but I think I was much more competitive when I was younger."

Still another said;

"Reasons for climbing are constantly changing. The reasons now are very different to those when I first started. I'm sure danger/glamour/fame figured high then but not very high now."

Some climbers were in agreement with Professor George Ingle Finch (of Everest fame) when he was heard to say with great severity, "Mountaineering is not a sport. It is a way of life." (§2:36) Climbing clubs have been described as fraternities and most of the members share a kinship with each other. Answers such as, "material aspects have no meaning, social standing has no meaning, and it is a way of life" were common answers to the question as to why people climb. Climbing was described as;

"a very special activity and set of circumstances which allow my friend, with whom I go climbing most often, to experience a tremendous closeness and rapport - isolated from day to day banalities and social censures."

Another climbed to;

"meet other people with the same views and interests as myself. Travel, it gives me a reason to go to other countries."

Religiosity came into focus with answers like;

"climbing is a way one can become one with the mountains to feel a part of them."

or,

"I have participated in many sports but climbing, like a diety, is the ultimate in expression."

Almost every climber interviewed was conscious of the presence of some supernatural power or essence at some point of their climbing experiences. Alfred Wills, in his book, Wanderings Among the High Alps, expresses this succinctly;

•

"I am not ashamed to own that I experienced as this sublime and wonderful prospect thrust upon my view, a profound and almost irrepressible emotion - an emotion which, if I may judge from the low ejaculation of surprise, followed by a long pause of breathless silence, as each in turn stepped into the opening, was felt by the others as well as myself....We felt as in the more immediate presence of Him who had reared this tremendous pinnacle and beneath the "majestic roof" of whose deep blue heaven we stood, poised, as it seemed, half way between the earth and the sky." (52:22)

Cort (1963) described mountaineers as having some sort of visceral affection for the climbing wall itself. This aspect was discussed and interestingly it was the women who

responded in agreement with Cort. One female member even went so far as to say;

"I like the sensuous feeling of continued movement in the mountains. I like the wind and the weather. A sense of here-and-now when body, intellect, emotions and senses are all focusing on and experiencing the same event. In rock climbing, I like the feel of like rock - I like to touch sculpture too - similar."

Still another female climber indicated that she;

"liked the feel of the mountain and the bodily movement and demands in a delicately balanced and precise nature."

Ogilvie (1974) has expressed the notion that many risk takers are loners and there were certain members of the Calgary Mountain Club who would fit into this category. Responses such as "I am my own person and no one can tell me what to do" seemed to exemplify the prevailing mood of the club. Some were almost nomadic in expressing this;

"It is my nature to wander where my spirit leads me and to the mountains I have come."

If climbing is to be considered a method of testing oneself, these assumptions also presented themselves;

"feeling that I am basically a coward, I need a means to test myself and reassure my person of my ability to cope."

Other individuals continually stressed the ideas of self-

survival and survival of others and that the test of oneself is taken to task when mountaineering.

A subtle, humorous side of club members was observed on many occasions. Perhaps to forever close the mouth of the interrogator answers such as "someone has to do it or climbing is like hitting yourself on the head with a hammer. It's nice when you stop." were cited. One of the truly priceless answers was;

"It sure is a nice feeling when you wake up and the weather is so bad you don't have to climb."

Some answers were as vague as they were esoteric;

"Climbing is what I do best and enjoy most. Climbing is a (many) meditation(s). Climbing is dancing. In technical climbing, the focusing of attention that is required leads to a relatively egoless state that is difficult to get into otherwise - the time was an experience. Climbing well is an affirmation of one's connections with everything else and is an expression of joy."

Perhaps the researchers in this field aid in making the rationale of climbing such a perplexing phenomenon when mundane answers such as for "physical and mental health" were common to all members of the club. Last, but certainly not the proverbial least, was perhaps the answer all researchers overlook in their quest for "non-specific" data;

"Because it is fun."

CHAPTER V

SUMMARY, CONCLUSIONS, AND RECOMMENDATIONS

SUMMARY AND CONCLUSIONS

The study purported to establish demographic data of a particular mountaineering group. Although proximity to the mountains had an impact as to interest in climbing, it was found that the climbers were drawn to the mountains from various locales. Occupation and age seemed to pose no problems for the climbers and the few women were acceptable to the climbing fraternity. Religion, in a traditional, formal sense, had little to do with climbing rationale.

Equipment was a mandatory commodity yet it was surprising how little was actually spent on equipment per se. If a family was involved, most members of the same family enjoyed climbing and climbing was basically accomplished with members of the same social group. Also of interest to note was that most of the club members came from urban centers of between 10,000-50,000 people.

The demographic data obtained was concrete representation of the social milieu studied. Interpretations of this kind of information would presumably be most useful to agencies and park planners who wish to provide specific areas for climbing and all the relevant information thereof. The "rationale for climbing" portions of the study was

fascinating in its complexity. The results at times substantiated previous assumptions about climbers but differed in many cases also. New light was shed on climber's emotional concerns while novel reasoning such as the visceral affection for the mountain was substantiated to some extent. However, much of the data obtained here were as different and varied as Man is by his very nature, different and varied from one individual to another.

It was strongly suggested by many members of the Calgary Mountain Club that this study represents a static perspective on climbing as reasons for climbing constantly change. This is a facet of climbing most researchers in the area have overlooked but it is in fact a simple singular component of life which virtually everyone adheres to.

Shaw (1972) indicated that;

"I don't think a man really understands the
reward of life until he has risked it."
(63:92)

yet most climbers interviewed had little regard for the risk of life connotation in climbing. Although they acknowledge the possible danger, it was certainly not of paramount importance to the individuals concerned.

One observation which appears to substantiate Reich's (1971) analysis of climbers is that they were truly articulate in their expressions on climbing almost to the point of being poetic. Rather than talk of an analytical Freudian

death wish syndrome it would be referred to as a "Teutonic death wish" which has more of a literary impact. This was noticed time and time again as if their thoughts drifted off into some ethereal world rather than the mundane one we exist in.

Researchers in this field have continually emphasized the need to have some form of escapism in life. To some individuals it can be the habitual rest and relaxation while some individuals seek this same outlet via risk seeking sport. They derive pleasure in this and over analysis of a somewhat singular feeling may make it misconstrued as being more complex than it should be. People involved in physical education and recreational pursuits need to be aware of this aspect when they provide facilities and training for mountain climbing.

"The ultimate goal of the stress seeker is pleasure, during the accomplishment and after the fact. One of the functions of sport may be to provide socially acceptable ways of fulfilling this need for stress." (19:98)

It is clear from the results obtained that the answer to why man climbs is much more complex than the statement, "because it is there." Rather, the results indicate that an ever changing mosaic of primary and secondary motives for participation exist.

RECOMMENDATIONS

The Calgary Mountain Club was not totally accessible

for the required information nor did they really accept the rationale for accumulating the required data. The questionnaire method is a fairly reliable way to acquire information yet with the proliferation of questionnaires around these days, it is easy to understand why individuals would not really care to see another one. If the questionnaire is fairly lengthy, it could be assumed that the entire answering process would not be totally reliable as perhaps a club member would not devote serious thought to it but rather just "get it over with."

By far the most reliable information transpired via interviews but this method is usually considered as fairly unreliable from a scientific perspective. If a tape recorder is used, a slightly different outlook is taken but with a tape recorder, the relaxing method of conversation is forsaken. It was made abundantly clear that a tape recorder would not have worked with this group. Only when the author joined the club and met with them during social situations and occasions did interesting and provocative discussion on climbing occur. Although this method may not be totally accepted by certain researchers, the author strongly feels that a method of analysis using the "George Plimpton" approach gives the best insight for these kinds of studies.

It must be pointed out that much of the information gathered was valid in its objectivity. However, answers concerning aspects of motivation were suspect for two

reasons. One being the light-hearted manner in which they were given and this being the case, it was difficult to separate the "wheat from the chaff" when looking at the more serious nature and rationale of climbing. Secondly, it is always difficult to understand one's reasoning for pursuing a certain endeavor when the complexity involved becomes such a personal domain.

For example, explaining a certain drug induced euphoric experience to one who has never experienced drugs often leaves the listener rather bewildered instead of in a truly comprehensible position. There is no one significantly unifying reason for climbing (although this study has rank ordered many of them) and for someone who has not shared these kinds of experiences, it becomes increasingly difficult to comprehend the true nature of the climbers. From a climber's perspective, perhaps Mallory put it best when he said;

"If you have to ask the question why people climb, you will never understand the answer."

When one attempts to translate a certain ideological thought or idea from one language to another, something intangible, but important, invariably gets lost in the translation. So it is with certain elements of this study and similar studies concerning motivation.

During the course of the author's research many

conversations were overheard concerning the nature of climbing. It was difficult to understand how individuals could obtain immense satisfaction over discovering a new precarious route to an otherwise inaccessible vertical face. It was observed that these individuals had been asked the question 'why' so many times that their answers were delivered in an almost comatose fashion. The author's persistence in many cases resulted in more insight and accessibility to climbing rationale yet the climbers answers, for all their good intentions must be taken as subjective consideration as opposed to scientific fact.

The author of this work could also be considered a stress-seeker, having enjoyed such 'irrational' pursuits as climbing, scuba diving and sky diving and it is very difficult to describe why one pursues these activities other than satisfying some indescribable need. This paper has attempted to describe some of these needs and other aspects of climbing rationale but it is obvious that much more research needs to be accomplished in this area of study and hopefully this study will provide preliminary analysis for further research in this area.

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APPENDIX A

CALGARY MOUNTAIN CLUB STUDYFinal Analysis

N = 59

| | | | | | |
|-----------------------|-------------------------|--------|-----|-------|-----|
| 1. Male | 85% | Female | 15% | | |
| 2. Married | 42% | Single | 54% | Other | 3% |
| 3. Number of Children | | One | 5% | Two | 17% |
| | | Three | 2% | Four | 2% |
| | | Five | | Six | |
| 4. Age | 19 & under | 2% | | | |
| | 20 to 24 | 22% | | | |
| | 25 to 29 | 27% | | | |
| | 30 to 39 | 39% | | | |
| | 40 to 49 | 7% | | | |
| | 50 and over | 3% | | | |
| 5. Occupation | | | | | |
| | Doctor, Lawyer, Dentist | 2% | | | |
| | Engineer | 10% | | | |
| | Teacher, Professor | 10% | | | |
| | Student | 25% | | | |
| | Housewife | 5% | | | |
| | White Collar | 20% | | | |
| | Blue Collar | 27% | | | |
| | Manual | 27% | | | |
| | Sedentary | 41% | | | |

Dealing with People 31%

6. Education

| | |
|----------------------|-----|
| Some High School | 7% |
| High School | 9% |
| Some College | 15% |
| Completed Tech/Trade | 19% |
| University | 37% |
| Graduate Study | 14% |

7. Annual Income

| | |
|-----------------|-----|
| Below 10,000 | 42% |
| 10,000 - 15,000 | 15% |
| 15,000 - 20,000 | 17% |
| 20,000 - 30,000 | 19% |
| Above 30,000 | 7% |

8. Religion

| | | | |
|-------------------|-----|-------------------------|-----|
| Protestant | 44% | STRENGTH OF CONVICTIONS | |
| Catholic | 15% | Nil | 37% |
| Mormon | 0 | Weak | 32% |
| Agnostic, Atheist | 29% | Moderate | 20% |
| Other | 9% | Strong | 7% |

| | |
|-------------------|-----|
| 9. General Alpine | 83% |
| Hard Rock | 64% |
| Steep Ice | 37% |
| Hill Walkers | 48% |
| Expedition | 22% |

10. Self Rating of Experience

| | |
|--------------|-----|
| Novice | 10% |
| Intermediate | 32% |
| Advanced | 34% |
| Expert | 24% |

11. How often do you climb?

| | |
|------------------------|-----|
| Less than 5 times/year | 15% |
| 5 - 9 times/year | 19% |
| 10 - 15 times/year | 22% |
| Twice a month | 19% |
| Almost every week | 25% |

12. How many of your friends climb?

| | |
|---------|-----|
| None | 2% |
| A Few | 19% |
| Several | 24% |
| Most | 56% |

13. How often do your spouse and children climb with you?

| | <u>Spouse</u> | <u>Children</u> |
|------------------|---------------|-----------------|
| N/A | 51% | 75% |
| Never | 14% | 10% |
| Sometimes | 31% | 15% |
| Most of the time | 5% | |

14. With whom do you climb?

| | |
|------------------------|-----|
| Solo | 2% |
| Always the same people | 9% |
| Mostly the same people | 61% |

14. Continued
- | | |
|---------------------------|-----|
| Different People | 17% |
| Solo and mostly the same | 2% |
| Solo and different people | 10% |
15. How many people are in the groups with which you climb?
- | | |
|---------------|-----|
| One | 5% |
| Two or three | 85% |
| Four to six | 7% |
| Seven to ten | 3% |
| More than ten | - |
16. What position do you usually take on the rope?
- | | |
|--------------|-----|
| Lead | 12% |
| Second | 14% |
| Third | 3% |
| Any position | 54% |
| Lead/second | 15% |
| Second/third | 2% |
17. Value of equipment owned
- | | |
|--------------|-----|
| Below 500 | 34% |
| 500 to 1,000 | 31% |
| Over 1,000 | 36% |
18. Money spend on
- | | Equipment | Travel |
|---------------|-----------|--------|
| Less than 100 | 3% | 22% |
| 100 to 200 | 44% | 17% |
| 200 to 500 | 25% | 32% |
| 500 to 1000 | 24% | 22% |

- | | | | |
|-----|-----------|-----------|--------|
| 18. | Continued | Equipment | Travel |
| | Over 1000 | 3% | 7% |
19. Have you ever climbed with an organized expedition?
- | | | | |
|-----|-----|----|-----|
| Yes | 22% | No | 78% |
|-----|-----|----|-----|
20. How many years have you been climbing?
- | | |
|------------------|-----|
| One or two | 7% |
| Three to five | 22% |
| Six to ten | 22% |
| Eleven to twenty | 41% |
| Over twenty | 9% |
21. How old were you when you started climbing?
- Range = 9 - 40
- Mean = 22
22. How did you first get started climbing?
- | | |
|----------------------------|-----|
| By myself | 15% |
| In a club | 10% |
| In a class | 5% |
| At camp | 7% |
| With a friend climber | 39% |
| With a non climbing friend | 7% |
| With a member of family | 5% |
| Combination | 12% |
23. Have you had any formal classes?
- | | | | |
|-----|-----|----|-----|
| Yes | 44% | No | 56% |
|-----|-----|----|-----|

24. Have you sustained a serious accident?

Yes 32% No 68%

Nature of accident

Hit by snowfall 14%

Broken bone 12%

Fall 2%

Hit by Rock fall 5%

25. Did your family climb while you were growing up?

Yes 15% No 85%

If yes, who

Father 2%

Mother 9%

Brother 2%

Father & Mother 2%

Other 2%

26. Did your family participate in outdoor recreation?

Yes 54% No 46%

27. Did you grow up close to mountains?

Yes 53% No 47%

28. Size of town or city

| | <u>Childhood</u> | <u>Youth</u> |
|-----------------|------------------|--------------|
| Rural | 10% | 7% |
| Below 5000 | 14% | 5% |
| 5000 - 25,000 | 7% | 10% |
| 10,000 - 50,000 | 41% | 48% |
| Above 50,000 | 19% | 19% |

29. Do you participate in a fitness program?

| | | | |
|-----|-----|----|-----|
| Yes | 53% | No | 47% |
|-----|-----|----|-----|

How often?

| | |
|-------------|-----|
| Irregularly | 14% |
|-------------|-----|

| | |
|-------------------|----|
| 1 to 2 times/week | 5% |
|-------------------|----|

| | |
|-------------------|-----|
| 3 to 4 times/week | 20% |
|-------------------|-----|

Daily

30. Participation in recreation sports now?

| | | | |
|-----|-----|----|-----|
| Yes | 80% | No | 20% |
|-----|-----|----|-----|

How often?

| | |
|------------------------|-----|
| Less than once a month | 12% |
|------------------------|-----|

| | |
|----------------------|-----|
| 2 to 3 times a month | 34% |
|----------------------|-----|

| | |
|---------------------|-----|
| 1 to 2 times a week | 25% |
|---------------------|-----|

| | |
|---------------------|----|
| 3 to 5 times a week | 7% |
|---------------------|----|

31. Participation in organized competitive sports now.

| | | | |
|-----|-----|----|-----|
| Yes | 15% | No | 85% |
|-----|-----|----|-----|

How often?

| | |
|------------------------|-----|
| Less than once a month | 85% |
|------------------------|-----|

| | |
|----------------------|--|
| 2 to 3 times a month | |
|----------------------|--|

| | |
|---------------------|-----|
| 1 to 2 times a week | 12% |
|---------------------|-----|

| | |
|---------------------|----|
| 3 to 5 times a week | 3% |
|---------------------|----|

32. Previous participation in organized sports.

| | | | |
|-----|-----|----|-----|
| Yes | 56% | No | 44% |
|-----|-----|----|-----|

Competitive level achieved

| | |
|-------|-----|
| Local | 15% |
|-------|-----|

| | |
|--------------------|----|
| City Championships | 9% |
|--------------------|----|

32. Continued
- | | |
|-------------------------------|-----|
| Provincial | 12% |
| National | 17% |
| Professional or National Team | 3% |
33. Participation in individual sports.
- | | |
|------------------------|-----|
| Competitive now | 25% |
| Recreation now | |
| Competitive previously | 71% |
| Non participation | 3% |
34. Participation in team sports.
- | | |
|------------------------|-----|
| Competitive now | 66% |
| Recreation now | 7% |
| Competitive previously | 15% |
| Non participation | 12% |
35. Participation in high risk activities
- | | | | |
|-----|-----|----|-----|
| Yes | 41% | No | 56% |
|-----|-----|----|-----|
36. Participation in high risk activities.
- | | |
|--------------|-----|
| Sky Diving | 7% |
| Soaring | 3% |
| Scuba | 14% |
| Hang Gliding | 7% |
| Rodeo | 3% |
| Auto Racing | 10% |
| Other | 20% |

37. Participation in sports.

| | Competitive | Recreation | Prior Experience |
|--------------|-------------|------------|------------------|
| Squash | 2% | 12% | 2% |
| Tennis | 2% | 12% | 3% |
| Badminton | | 14% | 3% |
| Skiing | | 32% | 17% |
| Track | | 2% | 10% |
| Swimming | | 9% | 12% |
| Gymnastics | | 2% | |
| Riding | | | |
| Cycling | | 3% | 3% |
| Basketball | | | 2% |
| Volleyball | | | 2% |
| Ice Hockey | | 2% | 10% |
| Football | | | 10% |
| Field Hockey | | | 2% |
| Rugby | 2% | | 7% |
| Soccer | 3% | 9% | 5% |
| Baseball | | 2% | 2% |
| Sailing | | 2% | |
| Fishing | | | |
| Curling | | 2% | 2% |
| Golf | | | 2% |
| Skating | | | |
| Other | 2% | 20% | 2% |

APPENDIX B

INSTRUCTIONS

Please check the appropriate space or fill in the necessary information. Feel free to explain your response if the question is not clear. Each question has been numbered to allow us to code your answers for the computer.

PART I CLIMBING INFORMATIONPresent Climbing

What kind of a climber are you? (more than one answer may be appropriate)

4. ☐ general alpine 5. ☐ hard rock 6. ☐ steep ice
 7. ☐ hill walker 8. ☐ expedition
9. How would you rate yourself as a climber?
☐ novice ☐ intermediate ☐ advanced ☐ expert
10. How often do you climb?
☐ less than 5 times a year
☐ 5 to 9 times a year
☐ 10 to 15 times a year
☐ about twice a month
☐ almost every week
11. How many of your friends climb? (friends as opposed to acquaintances)
☐ none ☐ a few ☐ several ☐ most

How often do your spouse and/or children climb with you? (please check both)

12. spouse 13. children
☐ ☐ n/a
☐ ☐ never

12. spouse 13. children Continued

_____ sometimes
 _____ most of the time

14. With whom do you climb?

_____ solo
 _____ always the same people
 _____ mostly the same people
 _____ different people

15. How many people are usually in the groups with which you climb?

___1___ ___2 or 3___ ___4 to 6___ ___7 to 10___ ___more than 10___

16. Which position do you usually take on the rope?

___lead___ ___second___ ___third___ ___any position___ ___n/a___

17. Please estimate the value of all of the climbing equipment you own.

___below \$500___ ___\$500 to \$1,000___ ___over \$1,000___

Please estimate the amount of money you spend on climbing during an average year on:

18. equipment 19. travel, food, etc.

| | |
|-------|------------------------|
| _____ | _____ less than \$100 |
| _____ | _____ \$100 to \$200 |
| _____ | _____ \$200 to \$500 |
| _____ | _____ \$500 to \$1,000 |
| _____ | _____ over \$1,000 |

Previous Climbing

20. How many years have you been climbing?

_____1 to 2

20. Continued

_____ 3 to 5

_____ 6 to 10

_____ 11 to 20

_____ over 20

21. How old were you when you started climbing? _____ years

23. How did you first get started climbing?

_____ by myself

_____ in a club

_____ in a class

_____ at camp

_____ with a friend(s) who were climbers

_____ with a non-climbing friend(s)

_____ with a member(s) of my family

24. Have you had any formal classes or training in climbing?

_____ yes _____ no

If yes, through which organization(s)?

_____ alpine club

_____ guide course

_____ hostel

_____ scouts

_____ school classes

_____ university, college

_____ other _____

26. Have you ever climbed with an organized expedition?

_____ yes _____ no

27. Have you ever sustained an accident that you consider to be serious while climbing?

_____yes _____no

If yes, please describe the nature of the accident(s).

29. Did either of your parents or other member of your family climb while you were growing up?

_____yes _____no

If yes, which member(s)? _____

31. Did your family participate together in outdoor recreational activities while you were growing up? (i.e., camping, fishing, etc.)

_____yes _____no

If yes, which activities? _____

33. Did you grow up within or in close proximity to mountains?

_____yes _____no

PART II REASONS FOR CLIMBING

INSTRUCTIONS

The statements listed below each represent a possible reason for climbing. Please read each statement carefully and indicate if that reason applies to you personally.

Some reasons may be more important to you than others. Indicate the relative importance of each reason by circling the appropriate number on the scale in front of each statement. Use the following as a guide.

- 0 - does not apply to me
 1 - slightly, a minor reason
 2 -
 3 - moderately important
 4 -
 5 - very important, a major reason

| Circle number | REASONS FOR CLIMBING |
|---------------|---|
| 0 1 2 3 4 5 | A. For exercise and physical fitness. |
| 0 1 2 3 4 5 | B. To get away from the regular routine. |
| 0 1 2 3 4 5 | C. Because of a feeling of accomplishment and pride. |
| 0 1 2 3 4 5 | D. To enjoy the wilderness, fresh air and nature. |
| 0 1 2 3 4 5 | E. I enjoy conquering difficult routes or peaks. |
| 0 1 2 3 4 5 | F. To get out with friends and enjoy the camaraderie. |
| 0 1 2 3 4 5 | G. For some competitive reason. |
| 0 1 2 3 4 5 | H. For recreation and relaxation. |
| 0 1 2 3 4 5 | I. Because of the spirit of adventure and excitement. |
| 0 1 2 3 4 5 | J. It is a form of self-expression for me. |
| 0 1 2 3 4 5 | K. For photographic reasons. |
| 0 1 2 3 4 5 | L. To flirt with danger. |
| 0 1 2 3 4 5 | M. Because I am fascinated by mountains. |
| 0 1 2 3 4 5 | N. To do something that only a few others have done. |
| 0 1 2 3 4 5 | O. For spiritual reasons. |
| 0 1 2 3 4 5 | P. To view the scenery. |
| 0 1 2 3 4 5 | Q. Curiosity. To see and explore new places. |
| 0 1 2 3 4 5 | R. Because climbing is a challenge. |

- 0 1 2 3 4 5 S. To gain recognition and admiration
from others.
- 0 1 2 3 4 5 T. To experience a feeling of exhilaration.
- 0 1 2 3 4 5 U. To get away and be alone.
- 0 1 2 3 4 5 V. To test myself and see how I cope with
a difficult situation, both mentally
and physically.

Which two or three of the above reasons seem to be most
important to you?

1. _____ 2. _____ 3. _____

There are, of course, a number of other reasons why people
climb. Please state briefly any other reasons that you have
for climbing that do not seem to be stated here.

PART III PERSONAL INFORMATION

Please check the appropriate space or fill in the necessary
information.

60. _____ male 61. _____ married 62. Number of children
_____ female _____ single _____
_____ other
63. Age _____ 19 and under 64. Country of Birth _____
_____ 20 to 24
_____ 25 to 29
_____ 30 to 39
_____ 40 to 49
_____ 50 and over 65. Occupation _____

66. How would you describe the nature of your work?
- _____ mostly manual
- _____ mostly sedentary
- _____ mostly dealing with people
67. Education (please check the level completed)
- _____ elementary, junior high, or some high school
- _____ finished high school
- _____ some post high school (i.e., college, technical, business, etc.)
- _____ completed technical or trade
- _____ completed university
- _____ graduate study
68. Religion
- _____ Protestant
- _____ Catholic
- _____ Mormon
- _____ agnostic, atheist
- _____ other
69. How strong are your religious convictions?
- _____ nil
- _____ weak
- _____ moderate
- _____ strong
70. Annual income (total including spouse)
- _____ below \$10,000
- _____ 10,000 to 15,000
- _____ 15,000 to 20,000
- _____ 20,000 to 30,000
- _____ above 30,000
71. Are you presently involved in a physical fitness program? (i.e., jogging)
- _____ yes _____ no

If yes, how often? _____ daily
 _____ 3 to 4 times per week
 _____ 1 to 2 times per week
 _____ irregularly

What was the size of the town or city where you spent most of your (a) childhood (6 to 12 years), and your (b) youth (13 to 17 years)?

73. Childhood

74. Youth

_____ rural (farm, ranch, etc.)
 _____ below 5,000
 _____ 5,000 to 25,000
 _____ 25,000 to 100,000
 _____ 100,000 to 500,000
 _____ above 500,000

PART IV SPORTS PARTICIPATION INFORMATION

PRESENT PARTICIPATION

4. Do you play any recreational sports other than in organized competition?

_____ yes _____ no

If yes, which sports? _____

How often do you train or practice and compete in total?

_____ less than once a month
 _____ 2 to 3 times a month
 _____ 1 to 2 times a week
 _____ 3 to 5 times a week

6. Do you participate in any organized competitive sport(s) now?

_____yes _____no

If yes, which sport(s) _____

How often do you train or practice and compete in total?

_____less than once a month

_____2 to 3 times a month

_____1 to 2 times a week

_____3 to 5 times a week

PREVIOUS PARTICIPATION

8. Have you previously competed in organized sports?

_____yes _____no

If yes, please list the sport(s), indicate your age when you started and your age when you stopped playing, and the highest competitive level you achieved in each sport on the basis of the following.

Competitive Levels

- played only in local competition, high school league, etc.
- played in city or league championship(s)
- played in provincial or regional championship(s)
- played in national championship(s)
- played as a professional or member of a national team

| <u>Sport</u> | <u>Age Started</u> | <u>Age Stopped</u> | <u>Competitive Level</u> |
|--------------|--------------------|--------------------|--------------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

OTHER ACTIVITIES

10. Do you now or have you ever participated in any of the following activities?

_____sky diving _____soaring _____scuba diving

_____hang gliding _____rodeo _____auto racing,

skidoo racing, motorcycle racing, etc.

Other similar activities _____

APPENDIX C

QUESTIONNAIRE CODINGCLIMBING INFORMATIONPresent Climbing

What kind of a climber are you? (more than one answer may be appropriate)

4. general alpine 5. hard rock 6. steep ice

7. hill walker 8. expedition

9. How would you rate yourself as a climber?

 1 novice 2 intermediate 3 advanced 4 expert

10. How often do you climb?

 1 less than 5 times a year

 2 5 to 9 times a year

 3 10 to 15 times a year

 4 about twice a month

 5 almost every week

11. How many of your friends climb? (friends as opposed to acquaintances)

 1 none 2 a few 3 several 4 most

How often do your spouse and/or children climb with you? (please check both)

12. Spouse

Children

 0

 0

n/a

 1

 1

never

 2

 2

sometimes

 3

 3

most of the time

14. With whom do you climb?

- 1 solo
2 always the same people
3 mostly the same people
4 different people
5 solo/mostly same
6 solo/different people

15. How many people are usually in the groups with which you climb?

- 1 1 2 2 or 3 3 4 to 6 4 7 to 10
5 more than 10

16. Which position do you usually take on the rope?

- 1 lead 2 second 3 third 4 any position
0 n/a 5 lead/second 6 second/third

17. Please estimate the value of all of the climbing equipment you own.

- 1 below \$500 2 \$500 to 1,000 3 over \$1,000

Please estimate the amount of money you spend on climbing during an average year on: (please check both)

18. Equipment

19. Travel, food, et.

- | | |
|----------|--------------------------|
| <u>1</u> | <u>1</u> less than \$100 |
| <u>2</u> | <u>2</u> \$100 to \$200 |
| <u>3</u> | <u>3</u> \$200 to \$500 |
| <u>4</u> | <u>4</u> \$500 to \$1000 |
| <u>5</u> | <u>5</u> over \$1000 |

20. How many years have you been climbing?

1 1 to 2

2 3 to 5

3 6 to 10

4 11 to 20

5 over 20

21. How old were you when you started climbing?

22. _____ years

23. How did you first get started climbing?

1 by myself

2 in a club

3 in a class

4 at camp

5 with a friend(s) who were climbers

6 with a non-climbing friend(s)

7 with a member(s) of my family

8 more than one answer

24. Have you had any formal classes or training in climbing?

1 yes 2 no

25. If yes, through which organization(s)?

1 alpine club

2 guide course

3 hostel

4 scouts

5 school classes

6 university, college

7 other _____

8 two organizations

9 three organizations

26. Have you ever climbed with an organized expedition?

1 yes 2 no

27. Have you ever sustained an accident that you consider to be serious while climbing?

1 yes 2 no

If yes, please describe the nature of the accident(s).

1 snow fall hit them

2 broken bone

3 fall

4 rock fall hit them

5 other injuries

29. Did either of your parents or other member of your family climb while you were growing up?

1 yes 2 no

30. If yes, which member(s)?

1 Father

2 Mother

3 Brother

4 Sister

5 Father & mother

6 Father - brother

7 Father - sister

8 Mother & brother/sister

9 Other

31. Did your family participate together in outdoor recreational activities while you were growing up? (i.e., camping, fishing, etc.)

1 yes 2 no

32. If yes, which activities? _____

33. Did you grow up within or in close proximity to mountains?

1 yes 2 no

REASONS FOR CLIMBING

- | | | | |
|-----|-------------|----|--|
| 34. | 0 1 2 3 4 5 | A. | For exercise and physical fitness. |
| 35. | 0 1 2 3 4 5 | B. | To get away from the regular routine. |
| 36. | 0 1 2 3 4 5 | C. | Because of a feeling of accomplishment and pride. |
| 37. | 0 1 2 3 4 5 | D. | To enjoy the wilderness, fresh air and nature. |
| 38. | 0 1 2 3 4 5 | E. | I enjoy conquering difficult routes or peaks. |
| 39. | 0 1 2 3 4 5 | F. | To get out with friends and enjoy the camaraderie. |
| 40. | 0 1 2 3 4 5 | G. | For some competitive reason. |
| 41. | 0 1 2 3 4 5 | H. | For recreation and relaxation. |
| 42. | 0 1 2 3 4 5 | I. | Because of the spirit of adventure and excitement. |
| 43. | 0 1 2 3 4 5 | J. | It is a form of self-expression for me. |
| 44. | 0 1 2 3 4 5 | K. | For photographic reasons. |
| 45. | 0 1 2 3 4 5 | L. | To flirt with danger. |
| 46. | 0 1 2 3 4 5 | M. | Because I am fascinated by mountains. |
| 47. | 0 1 2 3 4 5 | N. | To do something that only a few others have done. |
| 48. | 0 1 2 3 4 5 | O. | For spiritual reasons. |
| 49. | 0 1 2 3 4 5 | P. | To view the scenery. |
| 50. | 0 1 2 3 4 5 | Q. | Curiosity. To see and explore new places. |
| 51. | 0 1 2 3 4 5 | R. | Because climbing is a challenge. |
| 52. | 0 1 2 3 4 5 | S. | To gain recognition and admiration from others. |
| 53. | 0 1 2 3 4 5 | T. | To experience a feeling of exhilaration. |

54. 0 1 2 3 4 5 U. To get away and be alone.
55. 0 1 2 3 4 5 V. To test myself and see how I cope with a difficult situation, both mentally and physically.
56. High risk
 1 yes 2 no
57. Individual sport
 1 competitive 2 recreational 3 previously competitive
58. Team sports
- 59.

PERSONAL INFORMATION

60. 1 male 61. 1 married 62. number of children
 2 female 2 single
 3 other
63. Age 1 19 and under
 2 20 to 24
 3 25 to 29
 4 30 to 39
 5 40 to 49
 6 50 and over
64. Country of birth
 1 Canada
 2 United States
 3 Great Britain
 4 Germany/Austria
 5 France

6 East Europe

 7 Asia

 8 Scandinavia

 9 West Europe

65. Occupation

 1 Doctor, Lawyer, Dentist

 2 Engineer

 3 Teacher

 4 Student

 5 Housewife

 6 White collar

 7 Blue collar

66. How would you describe the nature of your work?

 1 mostly manual

 2 mostly sedentary

 3 mostly dealing with people

67. Education (please check the level completed)

 1 elementary, junior high, or some high school

 2 finished high school

 3 some post high school (i.e., college, technical,
business, etc.)

 4 completed technical or trade

 5 completed university

 6 graduate study

68. Religion

 1 Protestant

- 2 Catholic
- 3 Mormon
- 4 agnostic, athiest
- 5 other

69. How strong are your religious convictions?

- 1 nil
- 2 weak
- 3 moderate
- 4 strong

70. Annual income (total including spouse)

- 1 below \$10,000
- 2 10,000 to 15,000
- 3 15,000 to 20,000
- 4 20,000 to 30,000
- 5 above 30,000

71. Are you presently involved in a physical fitness program? (i.e., jogging)

- 1 yes 2 no

72. If yes, how often?

- 1 daily
- 2 3 to 4 times per week
- 3 1 to 2 times per week
- 4 irregularly

What was the size of the town or city where you spent most of your (a) childhood (6 to 12 years), and your (b) youth (13 to 17 years)?

73. Childhood12345674. Youth1 rural (farm, ranch, etc.)2 below 5,0003 5,000 to 25,0004 25,000 to 100,0005 100,000 to 500,0006 above 500,000SPORTS PARTICIPATION INFORMATIONPRESENT PARTICIPATION

75. Do you play any recreational sports other than in organized competition?

1 yes 2 no

If yes, which sports? _____

76. How often do you play?

1 less than once a month

2 2 to 3 times a month

3 1 to 2 times a week

4 3 to 5 times a week

77. Do you participate in any organized competitive sports now?

1 yes 2 no

78. How often do you train or practice and compete in total?

1 less than once a month

2 2 to 3 times a month

3 1 to 2 times a week

4 3 to 5 times a week

PREVIOUS PARTICIPATION

79. Have you previously competed in organized sports?

1 yes 2 no

If yes, please list the sport(s), indicate your age when you started and your age when you stopped playing, and the highest competitive level you achieved in each sport on the basis of the following.

80. Competitive levels

- A. 1 played only in local competition, high school league, etc.
- B. 2 played in city or league championship(s)
- C. 3 played in provincial or regional championship(s)
- D. 4 played in national championship(s)
- E. 5 played as a professional or member of a national team